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Boyle McCauley News

CIRCULATION 6000 • BMCNEWS.ORG

DECEMBER 2016 & JANUARY 2017 FREE

VOICE OF THE COMMUNITY SINCE 1979

Getting Serious About Safety

Meetings and initiatives intend to deal with recurring issues in the area.



The entrance to Giovanni Caboto Park is a beautiful landmark in McCauley, but also sometimes a site for undesirable activity. Paula E. Kirman

PHIL O'HARA

Problem properties and drug use/dealing were the overriding safety concerns of residents at a community meeting held on October 18, organized by the McCauley Community League. The effects of homelessness and mental illness were also frequently cited by residents in the roundtable discussions.

Not surprisingly, where you lived in McCauley affected people's safety and security concerns. Some people at the meeting who live near poorly maintained properties owned by absentee landlords expressed their frustration at the inability of the City, the police, and the League to address the problems they are forced to live with.

Other people said their fears about safety had actually de-

clined, or stayed the same, over the past few years.

When asked for two priority actions, residents had lots of creative ideas. People mentioned better managed rooming houses, a clean injection site, better application of current bylaws/policies, and better coordination of our efforts.

This neighbourhood meeting is one of a series of activities to address worries by local businesses and residents about safety and security.

As reported in the October issue of *Boyle McCauley News*, Councillor Scott McKeen recruited REACH Edmonton to host a meeting of interested groups that initially focused on addressing concerns about activities outside the La Dolce Vita Café and around the entrance to Giovanni Caboto Park. Several meetings have been held and REACH recently applied to the province for funding from its crime prevention fund to

work with McCauley residents and businesses.

Led by the Viva Italian Business Association, several local groups, including the MCL, have requested that Alberta Gaming and Licensing look at the operations of the Café. The Safety Council of McCauley Revitalization is also taking the lead on several initiatives, including a community walkabout and a vacant lot inventory.

At its November meeting, the MCL Board determined that creating another safety committee wouldn't make sense. Instead, the League can best support these efforts by connecting with residents and helping them share their experiences and stories which will better inform the strategies adopted to address concerns about safety in our neighbourhood.

Phil is president of the McCauley Community League.

Inside THIS MONTH:

WINTER RINK PROGRAMMING

“This year we haven't changed much of the schedule from last year's, but there are a couple of changes.

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ALL ABOUT THE “STUFF”

“It's the people who give me the stuff that matter. I have received some silly gifts in my time, but there hasn't been one that I haven't appreciated because I appreciate that the person doing the giving wants to express something to me.

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THE POLITICS OF HOPE BEGIN AT HOME

“Maybe, just maybe, by starting in our own communities, we can begin to build the loving, kind, and patient world that we know is possible.

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t @BMCNEWS

So Long 2016



PAULA E. KIRMAN • BMC News Staff

McCauley Musings

Every year is memorable in its own way, but 2016 stands out from others in its seemingly continual series of tragedies. Beloved celebrities have been dying in droves, people have been dealing with loss and health crises, and the world itself seems to be in a state of upheaval.

In fact, as I am writing this, just in the past week Donald Trump won the presidential election in the United States, and just a couple of days later Leonard Cohen passed away. The thought has occurred to me on more than one occasion that in the next year or so we'll see a movie called **2016** directed by Quentin Tarantino.

Yet it is easy to dwell on the negative, especially when there is so much of it. During 2016 people got married, babies were born, people accomplished career milestones, and precious memories were made.

In our community, just like in our lives, we sometimes take for granted the good things and get worn down by the bad. Nothing and no one is perfect. After all, as Leonard sings, "There is a crack in everything. That's how the light gets in."

The thing is to keep looking for that light, the glimmer of hope that keeps shining. Sometimes it is trying to find positive solutions to the problems which plague us. When we come together with friends and neighbours and talk and actually listen to each other, we can become that light.

I won't miss 2016 and will be glad it is behind us, but there are still some moments and memories I will cherish. Let's hope 2017 brings more light and love.

Boyle McCauley News

Boyle McCauley News is a non-profit newspaper published ten times yearly by the Boyle McCauley Community Newspaper Society. The Society is made up of the people who live and work in the Boyle Street and McCauley neighbourhoods.

Opinions expressed in the newspaper are not necessarily those of the Board of Directors. Any submissions may be subject to editing for length and suitability.

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Our goal is to report issues fairly and provide a variety of perspectives on issues affecting this community. The opinions expressed in Boyle McCauley News are those of the people named as the authors of the articles, and do not necessarily reflect those of the Board, staff, or Editorial Committee of the paper.

PAULA E. KIRMAN • BMC News Staff

Editor's Notes

Welcome to the December 2016/January 2017 issue of Boyle McCauley News. This is our annual "Holidays" issue, filled with memories, advice, and opinions about this time of the year.

This is a time of year to look towards the future, and that is exactly what we are doing here at the paper. Although it is still a couple of years away, 2019 will mark 40 years of Boyle McCauley News. This is going to be a huge milestone and we are already thinking of how we may wish to celebrate. One idea is to publish a booklet featuring highlights from the past four decades.

Our Next Issue. . .

Our February 2017 issue will feature "Pets." Send in photos of your pets and tell us a little about them. Share memories of pets from the past. Offer advice on adopting, pet ownership, and dealing with behaviour issues. Deadline: January 12, 2017. Send submissions to: editor@bmcnews.org. Articles should be 500 words or less and accompanied by photographs when possible.

Throughout 2019 we will also likely feature past stories that stood out in some way. What have been some of your favourite stories? This doesn't just mean hard news, but also stories that were funny, featured interesting personalities, or captured the history of the area in a unique way. Submit your suggestions to me at editor@bmcnews.org.

We're still looking for people who are handy with a camera to contribute photos from events, or general human interest shots. Drop me a line for more information.

On behalf of the staff and board of BMC News, I wish you all a safe and happy holiday season. See you in February!

Letters to the Editor

Do you want to respond to something that you read in these pages or that is going on in the community? Share your thoughts with a Letter to the Editor. Send your letters to editor@bmcnews.org. Letters should be no longer than 300 words, and may be edited for length or clarity. Publication is not guaranteed. The deadline for letters is the same as other content: the 12th of the month.

Boyle Street and McCauley Crime and Safety Numbers

Report "john" activity & license plate numbers • (780) 421-2656

Report Problem Properties & Derelict Houses • (780) 496-6031

Report Gang Activity • (780) 414-4567

EPS General Crime/Complaints • (780) 423-4567

EPS website • edmontonpolice.ca
 - click on Crime Prevention

REACH Edmonton website • www.reachedmonton.ca

Crime Stoppers • 1-800-222-8477
 1-800-222-TIPS

Passing with the Seasons



Reginald Sims. Supplied



Todd Turner. Supplied

TARO HASHIMOTO

"I am but one of all the billions of lives which pass through the universe... I have nothing to be afraid of." - Todd Turner, McCauley Apartments resident, October 2016

We can never forget the little things which make a person special and unique. Our memories are not as selective as we think they might be. And so, when we learn of someone passing, we are most often subject to a whirlwind of memories and instances which only we keep. They flutter around in our heads like falling leaves which, as they settle in our consciousness, force us to collect them together into a little or large pile.

So, what next? What do we do with this collection of invaluable treasures and all that is really left of an individual who became a part of who we are? Do we store the memories in a bag and put them into a place where they won't interfere with our passage through daily living? Or, do we leave the pile there and wait for the winds and the snows to have their way with them, so as not to lose the natural passage of awareness and time? Most of us would like to have the memories to replace the emptiness we feel knowing the people are no longer present, I think, but I guess there really is no true answer. I suppose some psychologists and therapists might have the answer, but then it is I who has the privilege of drawing up the forthcoming analogy. Forgive me for this.

At one point, I had likened all of this to a giant and intricate wooden block puzzle in the shape of our body. We are this puzzle, and the person who has passed occupied the space of some of those blocks. We now have some blocks which are no longer solid pieces of our construct, but rather translucent fragments of the whole. We can see through those parts, because we no longer have that person to fill the space and keep it filled. Only the memory and knowledge of their character and personality, layered with the memories of why we know this about them, slightly colour the emptiness. And when we feel there was still something to learn, or know about the space they occupied, we are disappointed in that those spaces are and will never quite be filled. Eventually, we realize that it all still works together, and we can see into those spaces more and more clearly as we continue on with our lives.

As when, in the winter, the waters turn to ice and crystallize, we can feel the solidness of what was once liquid and shapeless. We need the cold to harden it to a solid state, where we can peer into it and see the way the light and re-

fractions of images affect our vision of what lies on the other side or around it. Notice that, generally, when we look upon an unfrozen body of water at an angle, the reflection of light and the environment creates the surface upon which we cannot walk and study in total stillness, but in its frozen state, we can brush away the snow and gaze. What we see is the perfect instance of all that it is, and we can ponder on the thoughts and questions which might come to our minds. During this time, time stands still, and we have this opportunity. Hopefully, by spring and the melt, we will have all our thoughts arranged, and questions answered enough to ready ourselves for the new life and activity which inevitably sweep us into another season and another cycle of life.

I want to dedicate this article to two amazing individuals who passed recently at McCauley Apartments: Reginald Sims (October 24) and Todd Turner (November 6). They were equally intriguing and loved by many, but were two quite different beings of light, and their personalities were a contrast. Like an orchid and a rose, they each had qualities unique and genuinely beautiful. What was common between them, however, was an enormous spirit of generosity, numerous acts of tremendous caring, and a brave sense of adventure. All the many, many people from various programs and organizations and their stories and sense of loss and shock at Reggie's memorial service at the McCauley Apartments truly reflected a person who quietly touched the world around him. A different, and yet equally moving, memorial for the confident and strong-willed Todd took place on November 21, for someone who would do anything to help another out if he knew they needed it.

It is fitting that the weather is holding out against the cold and snow, as I have not yet gathered up all the memories and instances of either of their lives. I must say, I still don't know if I will wait for the winds and the snow to have their way with them, or if I will try to store them away someplace. Perhaps, when the winter ice is hit with light at just the right angle, and I can muster the will to brush away the snow, I will be able to take in the stillness of each of their lives before the changing of the season arrives, and hopefully it brings new life and energy to this existence of mine.

On behalf of the McCauley Apartments, and its amazing community members and supporters, I thank you for following my words to this point. I am sorry that I could not share more intimate details of Reggie or Todd. Please take care, and enjoy all the moments with your loved ones.

Taro is the Community Development Officer - McCauley Apartments.

Winter Rink Programming

DAN GLUGOSH

Around the Rink

November brought summer-like weather and the thought of outdoor winter activities was far from anyone's to-do list. But, like always, there is no avoiding winter, and when it does finally come, that means the community's local rink opens. This year we haven't changed much of the schedule from last year's, but there are a couple of changes.

The first change is that we aren't opening early on Thursdays. We did this because the Catholic schools got out at noon every Thursday, but the

number of kids who showed up to skate on that day wasn't high, so we decided to open at the same time as we do for the rest of the week.

The other change involves the week-ends. We are going to open at 2 p.m. and close at 8 p.m. All we did was move up an hour when opening and closing from last year.

The City of Edmonton will be running a free, drop-in, learn-to-skate program for all ages. This program will be starting on January 18 and will run for six weeks.

There will be three major events at

the rink, starting with the 8th Annual McCauley Cup. This is where the downtown beat police invite the community out to play a fun game of shinny hockey. This year's event will take place on Tuesday, December 27 at 1 p.m. Everyone is invited to come out and play, or stop by and say hello and cheer on the players. Free hotdogs, marshmallows, and hot chocolate will be served.

The second event is the third annual New Year's Eve Skating Party on December 31 from 6 p.m. - 9 p.m. Come out and enjoy a bonfire and spend New Year's Eve skating. Free hotdogs, marshmallows, and hot chocolate will be available.

The final event is the Family Day Skating Party which will be held on Monday, February 20 from 12 p.m. - 5 p.m. There will be free hayrides, hotdogs, and other goodies. This is a fun-filled day

and everyone is invited to spend this special holiday with our community.

There are always free skates, helmets, and sticks for anyone who needs to borrow any of these. We would like to thank Sports Central for supplying us with these much-needed items.

All programming and events are in partnership with the KIDS organization, McCauley Community League, and the City of Edmonton. The Community League would also like to thank the Edmonton Police Service for all their work in organizing the McCauley Cup.

For further information on times for skating please check the McCauley website at www.mccauleycl.com or the McCauley Community League's Facebook page. If you have a comment or suggestion please feel free to send an email to:

mccauleycommunityleague2014@gmail.com.

Rink Hours for 2016/2017



MONDAY NIGHT KIDS

Grounding Kids in
THE ROCK-SOLID
Foundation of
GOD'S Love

Something Special for Kids Aged 5-12

Join the weekly FUN!

Including: SUPPER, GAMES, CRAFTS,
SINGING and more!

5:30 pm—games or crafts

6:00 pm—supper

6:30-7:30—music, a skit

and a Bible lesson

FREE! COME NEXT MONDAY

Where: "The Rock" 11004 - 96 Street
(St. Peter's Lutheran Church)

When: Mondays 5:30 - 7:30 pm

Weekday Hours

Rink Opens Monday-Friday at 4 p.m. and closes at 8:30 p.m.

Mondays: 4-6 p.m. Open Ice
6-7:30 p.m. Family & Public Skate
7:30-8:30 p.m. Open Ice Shinny Hockey

Tuesdays: 4-6 p.m. Open Ice
6-7:30 p.m. Family & Public Skate
7:30-8:30 p.m. Open Ice Shinny Hockey

Wednesdays: 4-6 p.m. Open Ice
6-7:30 p.m. Family & Public Skate
7:30-8:30 p.m. Open Ice Shinny Hockey

Thursdays: 4-6 p.m. Open Ice
6-7:30 p.m. Family & Public Skate
7:30-8:30 p.m. Open Ice Shinny Hockey

Fridays: 4-6 p.m. Open Ice
6-7:30 p.m. Family & Public Skate
7:30-8:30 p.m. Open Ice Shinny Hockey

Weekend Hours

Rink opens at 2 p.m. and closes at 8 p.m. Saturdays and Sundays.

Saturdays: 2-6 p.m. Family & Public Skate
6-8 p.m. Adult Shinny Hockey

Sundays: 2-6 p.m. Family & Public Skate
6-8 p.m. Adult Shinny Hockey

The City of Edmonton will be running a free, drop-in, learn-to-skate program for all ages. This program will be starting on January 18 and will run for six weeks.

The rink will close if the temperature drops below -20 Celcius with the wind-chill or if there is a snow-storm

Special events for 2015/16 season:

McCauley Cup Downtown Beat Cops hockey game: December 27, 1 p.m.

Third annual MCL New Year's Eve family skating party will be on December 31 6 p.m. - 9 p.m.

Family Day Skating Party will be on Monday, February 20, 12-5 p.m.

The rink will not be opening on the following holidays: Christmas (December 24, & 25), and January 1.



Peace and Joy to Everyone at this Time of Year

McCauley Neighbourhood Revitalization Matching Grants 2016

The people who live, work and play in McCauley know its attributes and potential better than anyone else. The City of Edmonton created the Matching Grant Fund to sponsor new opportunities and activities that support the goals of Neighborhood Revitalization. Funding opportunities are there to support the top four priorities initially identified by people in McCauley area: Safety/Crime Prevention, Celebrating, Building, and Sustainability. The funding helps to contribute to safer streets, well-organized festivals to engage people, environmental well-being such as greening space and beautification, and sustaining a thriving economy through sense of community and sustainable leadership.

If you are wondering who can apply, it is a simple equation. If a group, ad hoc committee, or an agency or is sponsoring an activity that benefits the community, then it will be considered for a grant or project. Eligible groups include the following:

Organizations, Businesses Associations,
Ad Hoc Committees, Community Groups and
Agencies

If you have any questions, please contact Jane Molstad at jane.molstad@edmonton.ca or (780) 496-6887.

Small Sparks are a seed amount of funding to support short term opportunities in the area:

1. McCauley Community League (facilitator kit)
2. Breakfast Club - (arts group at Studio 96)
3. The Mustard Seed BBQ
4. Rhema Chapel clean-up BBQ
5. Safety Summit

TOTAL AMOUNT GRANTED: \$1000.00

Every year in McCauley, there is a highly productive group of people in the community who are proactive in applications for matching funds as well as creating projects.

In 2016, there were a number of creative and innovative grants and projects that were approved, and the community celebrated the success of good people stepping up to do positive work in the neighbourhood. Take a good look at the productivity of each grant and the difference it makes in your community.

Matching grants require the group, committee, or project team to demonstrate they have in-kind, cash, or volunteer hours to match with the event or activity they are creating (up to \$20,000.00 for each application).

Lunar New year - Chinatown BRZ
Santa Maria Goretti Day- Italian Seniors Association
Church Street Connections - a video story by residents
Flowers for Chinatown - Chinatown BRZ
Syringe pick up project -The Mustard Seed
Heart of the City Festival- Heart of the City Committee
Chinatown Conference - Chinese Benevolent Society
McCauley Daycare Anniversary - Parent Board
C'mon Music Event- Symphony/Studio 96
Chinatown Mid-Autumn Festival - Chinese Benevolent Society
Tomato Garden- Skills Society/community residents
Viva Italia Festival- Italian Youth Association
Belmont Building mural - ("Life is Beautiful") - business owner
Garden of Truth planting - Excel Resources Society
Youth music concert- New Destiny Church (formerly Family Worship Centre)
Frostival - Italian Youth Association (roastingchestnuts)

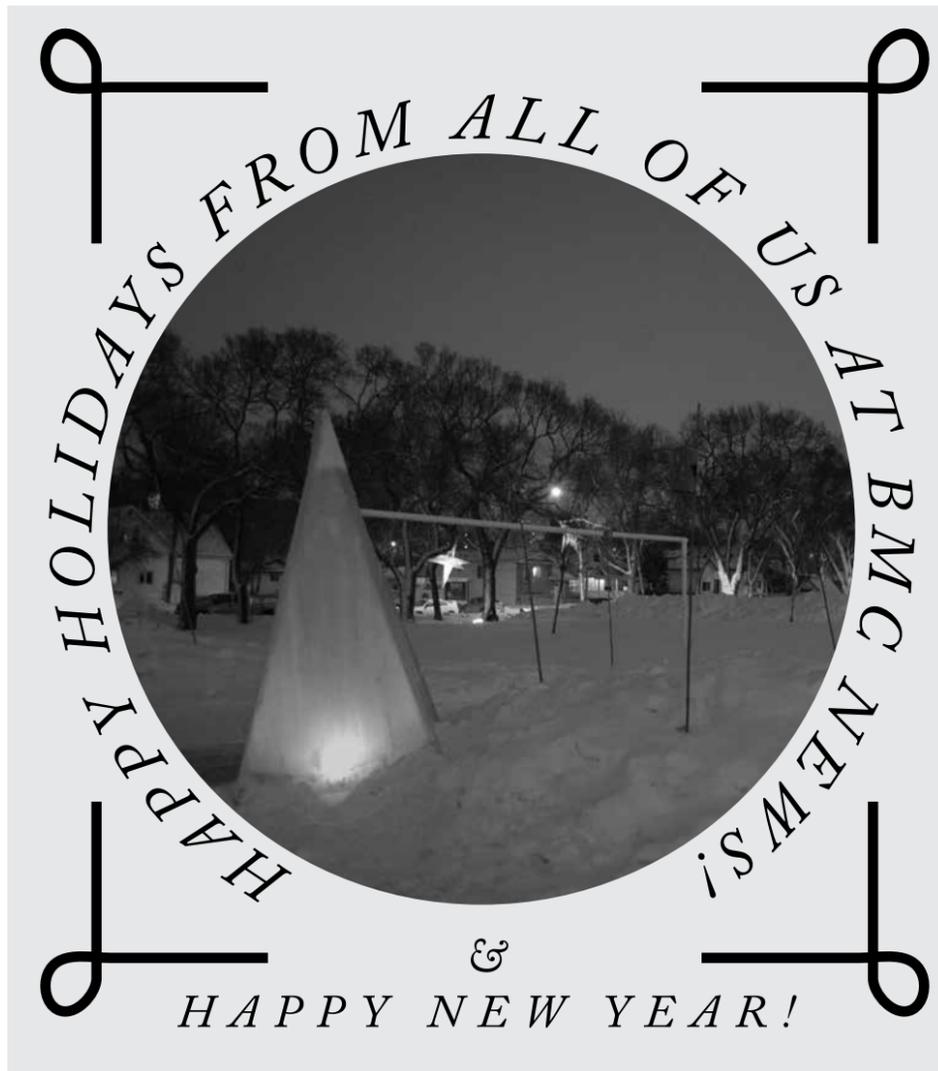
TOTAL amount granted: \$88,000.00

In 2016, a wide range of projects exist for groups to demonstrate capacity and work on building their skills, or because the project provides a service for the residents or businesses in the community:

Bling bling in Chinatown (green trees along 101 Street)
Tea and Tranquility (Chinatown teas demonstration at Northlands)
Spring into Jazz (Studio 96 concert)
Meet Me in McCauley Market (market on Church Street)
Free and low-cost summer brochure (School booklet)
Safety booklet (distributed to community on who to call)
Safety funds for lighting (help to light up the neighbourhood)
Clean and green project (litter and garbage removed)
Pick It Up project (truck removes mattresses/large items)

Food crawls - (Little Italy and Chinatown promotion)
Hallelujah Garage Sale - (Church Street event)
Leaf a Legacy (community pride with front yards)
Flowers in Little Italy (beautifying the area)
Claim the corner at Giovanni Caboto Park (safety event)
Spirit of McCauley Dinner (honouring people in the community)
Rose Garden at Giovanni Caboto (safety action at the park)
Wayfinding signs in McCauley (promotion and marketing the area)
Aboriginal booklet (education of historical aspects in area)
Table project (sidewalk patio tables for businesses)
Lights in the park (electrical work)

TOTAL AMOUNT GRANTED: \$92,500.00



Snow in the City

Helpful hints for a safe and fine-free snow season.

Edmonton is a winter city that sees significant snowfall. The snow and ice that accumulate on sidewalks during the winter season are hazardous for everyone.

People with limited mobility, seniors, children, and parents with strollers (and even those with no limitations at all) may be severely injured from a fall on ice or snow. Uncleared walks can also make it difficult for those who deliver services in our city - mail carriers, meter readers, delivery drivers and emergency personnel - to do their jobs safely. In fact, each year, hospitals and doctors' offices are filled with people, young and old, who have slipped and fallen on unmaintained sidewalks.

For these reasons, Community Standards Bylaw 14600 requires homeowners and tenants in a home to clear snow and ice from every walk and driveway on or beside their property, as well as from any other properties they own. The fine for failing to clear sidewalks within 48 hours of the last snowfall is \$100.

Owners/tenants should use sand or ice-melting products to start the clearing process if they can't shovel immediately after a snowfall. The City no longer maintains community sandboxes, but sand is available at the City's roadway main-

tenance yards (see edmonton.ca/winterroads) and your local hardware store.

Here are some tips to help you get through winter:

- Be prepared. Have a good shovel, ice chipper and sand/ice melt at the ready.
- Dress appropriately in boots with grip or snow cleats, coat, hat and gloves.
- Timing is everything. Remove snow as soon as possible after a snowfall to prevent it from becoming hard-packed and before the freeze-thaw cycle begins.
- Do not shovel or place snow on the road, in the alley, or on other people's property. Sidewalk and driveway snow pushed to the street creates more challenges for roadway snow removal crews and machinery.

Snow shovelling can be challenging for seniors and those with limited mobility, certain health conditions and disabilities. By becoming a Snow Angel and helping your neighbours with their shovelling, you can make Edmonton a more livable and lovable winter city for everyone.

Let's work together to keep our sidewalks clear!

Article provided by the City of Edmonton.

Courage to Speak

Teens exploited by a middle-aged man were helped through the system by CEASE and other caring adults.

KATE QUINN

Three teens, one middle-aged man. He has what they want. Marijuana and maybe a place to couch surf. He gives it to them, but there's a catch. They owe him now. He has power over them. They have to give him what he wants: sex, and he tosses in some money afterwards. They were 16 and 17 at the time. He preyed upon and exploited these vulnerable girls at his house in Alberta Avenue.

In a CTV Edmonton news story from November 2012, EPS Staff Sergeant Jerry Nash commended one of the girls, who first confided in her support worker. "It's fair to say that this investigation probably wouldn't have had the steam behind it without the brave actions of that youth to first make the admissions to our youth unit worker and then work with us to eventually get the arrest." Thanks to media coverage, two other girls came forward.

Mark Shannon was charged in February, 2013 after undercover operations. The three girls, now over 18, testified at a preliminary hearing in 2015, providing enough evidence to go to trial.

On the day the trial began in October, 2016, Mark Shannon pled guilty to possession of marijuana for the purposes of trafficking. He was also charged with two counts of sexual assault, two counts of sexual inter-

ference, procuring youth for sex, two counts of trafficking a controlled substance, and two counts of possession of stolen property. These charges were withdrawn at time of sentencing, not because these crimes against the young women didn't happen, but, because this spared them the trauma of having to tell their stories a second time. His sentence is two years.

In addition to the Victim Impact Statements written by the three young women, CEASE prepared a Community Victim Impact Statement. Under the Victim Bill of Rights enacted in 2015, it was recognized that a community, whether it's a group, or a neighbourhood, can suffer from the impacts of criminal activities.

Like the African proverb "It takes a village to raise a child," it took a community of support workers and CEASE Victim Advocates, Protection of Sexually Exploited Children (PSE-CA) workers, EPS Vice and Youth Unit, and the Crown Prosecution office to shepherd the young women from the time of exploitation through the court process to the time of Shannon's sentencing. While these youth still face challenges in their life journeys, they know that caring adults will walk alongside them.

Kate is the Executive Director of the Centre to End All Sexual Exploitation (CEASE).

Monday Night Kids

HEATHER STEINKE

Monday Night Kids (MNK) offers a Christ-centred program for children aged 4 to those in grade 6. We meet each Monday evening, except statutory holidays, beginning at 5:30 and ending at 7:30. While the children have their program, there is also a group of moms who meet for fellowship. Supper for the children and moms is from 6:00-6:30.

Activities for the children include

crafts, a puppet show/drama, lesson, and closing songs. If a child(ren) attend the Boys and Girls Club after school program, with the parent's/guardian's permission, one of the MNK's facilitators will walk them from the Club to MNK.

MNK is located at 11016-96 Street (The Rock). Pre-registration is not required, but it is appreciated at mondnightkids@gmail.com.

Opinion: Being Nice is a Canadian Virtue

This holiday season, celebrate what we have in common.

COLLEEN CHAPMAN • BMC News Staff

Around the globe, Canadians are known as “The Nicest People in the World.” For the most part, this is the truth. I have met and known people from all over the world, and no group of people know better how to get along with others than Canadians.

I have often thought it might well be because Canada is, with the exception of our Indigenous population who exhibit the principle of respect to the utmost degree, a nation of immigrants. Immigrants are a rather special group of people who had the courage to leave their own lands, and travel thousands of miles to set up their homes in a rather large,

cold country. Perhaps the warmth of the people of our land is directly proportional to the winter climes. If that is true, Global Warming is a terrible danger to our world! Canadians help their neighbours. They band together to stand up to cruelty.

There are many cultures that encourage gentleness, hospitality, honesty, generosity, capability, strength, and leadership, but because Canada is made up of such a diverse culture we can say that Canada is at the head of the list for all of these qualities. That being said, we appear to be in danger of adopting some of the worst attributes of others. When people in our community blame others for their problems, or blame the City or the

police, when they are constantly angry and unwilling to look at anyone else’s possible solutions, we become endangered in our homes.

Over the past 40 years I have heard this often, and so I can say honestly: if someone tells you that the community and the police and the City administration won’t listen to you, question that statement. Perhaps that person is disruptive at every meeting and makes it impossible to disagree with them. Perhaps they are the problem, not the solution. We are all individuals with our own stories, knowledge base, and gifts to give the community in which we live. Please be Canadian, and ignore what you disagree with in your neighbour, and embrace your similarities - especial-

ly this holiday season.

My favourite Christmas carol was written during the American Civil War: “I Heard the Bells on Christmas Day.” The last stanza ends:

*The Wrong shall fail
The Right prevail
With Peace on Earth
Good Will to Men!*

Peace be with you. Merry Christmas; Happy Hanukkah; a Happy, Holy, Ramadan; Eid al-Fitr; St. Nicholas Day; Eid al-Adha; Feast of Our Lady of Guadalupe; St. Lucia’s Day; and, for our African American friends, Happy Kwanzaa! And, oh my goodness, please forgive me if I left out your special celebration day!

Give a Little More Each Year

LEIF GREGERSEN

The holiday season is a time of year that often sneaks up on me. Past year-ends have come and gone much faster than this one, possibly because of this year’s early snow. I like seeing snow on the ground, though I don’t much like slipping on it, and all the little signs that Christmas and New Year’s are approaching make me feel happy for many reasons.

It is such a good feeling to drive down Whyte Avenue and see the lights and the Christmas shoppers and the myriad of people out to celebrate each other’s company over some form of strong drink. When I was younger, I would have been right in there with them, but now I am happy to go down there with my dad and watch a movie at the Princess Theatre, grab a hot coffee at Tim Hortons, and visit the Wee Book Inn.

In McCauley, there are the lit-up trees in Caboto Park and the general

feeling of thankfulness that seems to reach everyone in the neighbourhood. Some holiday seasons, if I can, I like to make it to Toronto to see my sister and niece, and sometimes they come here. Places and circumstances don’t matter as long as no one is alone for Christmas.

Many people don’t realize it, but Christmas can be a time of problems for many - mentally, physically, and spiritually. Sadly, people often suffer from depression, sometimes caused by Seasonal Affective Disorder, where our low sunlight hours actually make people medically in need of special help. There are others who go into a depression because they grew up in families that held together fast during the holidays, and now they face what should be the happiest time of year alone. I was reminded this Thanksgiving about how much I have to be thankful for when my brother was unable, due to a medical problem, to cook one of his incredible dinners for us, and instead I was invited to the house of a very kind and giving family in Mc-

Cauley to celebrate.

What I have wanted to somehow focus on this year, though, was something that has been growing worse in our community since the price of oil dropped off and we started having troubles with our economy. There are a lot of homeless people who are going to have a very tough time getting through the winter. Local agencies such as Bissell Centre, Hope Mission, and many others are going to need extra volunteers, donations of items, and donations of funds to help with the extra load.

Most prominent in my mind, however, are a couple of men whom I am sure many have seen around our area. These two people have been around McCauley and the downtown area for a number of years and I know their story because it is very similar to my own. One of them I often see near Kingsway with a sign asking motorists to help him, and I have ridden buses with him, as well as seen him often on the streets. He looks dirty and ragged, and I know

he has a mental health issue. It saddens me because I also have a mental health issue. The only difference is that I found a doctor and a type of medication that helps me. My heart goes out to this guy and to the other man, who is also chronically homeless and mentally ill.

I don’t know what could ever save these guys from the terrible times they go through, but they will be foremost in my prayers this Christmas Mass when I come to offer up my sins and ask forgiveness from my Creator. These people are a part of our community. They are human beings and I can’t help but feel that somehow I have failed them. To me, that is what the holiday season really is for: re-evaluating our relationship with our community and seeing how we can not only love each other more, but perhaps do a little better and give a little more each year. Just a little effort will mean a great deal.

Leif lives in McCauley.

**CHECK OUT THE NEW
SUDOKU PUZZLE
ON PAGE 15 AND CHECK
YOUR ANSWERS HERE**

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Surviving Christmas

Be open to the sadness of loved ones we miss, and honour their memories.

SARA COUMANTARAKIS

The apple tree in the front yard still hangs on to a few leaves, but I know that the crisp air will soon persuade them to let go. Halloween chocolate has settled around my middle, and store shelves have swapped orange and black for red and green. Soon an endless loop of Christmas songs will fill the air. I feel my spirits sinking at the thought of the countdown: only 35, 30, 25 shopping days left . . .

I find myself in the older generation with much more of my life behind me than before me. I think of past Christmas celebrations, which included grandparents, aunts and uncles, and my parents. Some of my cousins have lost siblings. I am thankful that I have not, but con-

temporaries are beginning to appear in the *Journal* obituaries. There are spaces around the Christmas table and each vacancy triggers the jokes, songs, tales, laughter, and favourite foods that my missing people brought with them.

Last Christmas, a wise person gave me some advice. Firstly, self-care. Yes, Christmas is about giving to others and socializing but taking care of myself is the foundation that makes anything possible. Then there's Vitamin D in a country that cannot provide enough sunshine when the sun slants toward us at such a low angle for too few hours each day. My SAD (Seasonal Affective Disorder) light fills in each morning, tricking my body into thinking I'm sitting in the sunshine.

The most important advice this counselor gave me is to be open to the sadness, the pain of missing loved ones, and to feel that deep hole in the heart and truly mourn. Then, to introduce something symbolic to honour those who are not present. At my home, we light candles, going around the Christmas table filled with steaming food, naming someone we wish was with us and lighting a candle for them. Sometimes we need a second round; sometimes the same person comes to different family members. We sit in the glow emanating from the middle of the table and remember that Advent and Christmas is a time for new birth, a time to welcome the sacred into our lives again, for remembering that solstice on December 21 was the shortest day, that by December

25 we are already heading toward more light.

Our people are with us in spirit. We can reminisce about how much Dad loved stuffing but "there's not quite enough sage." How Nonna would open her last present and then ask, "Is that all?" How uncles automatically broke into four-part harmony when we gathered around my aunt's piano to sing carols. How we sometimes got the perfect gift we had longed for and sometimes we wondered how someone thought we wanted "that!" The circle is completed by those present and those absent, and it is time to be thankful and lift a glass of cheer that is half full, not half empty.

Sara lives with her family in McCauley.

Just One World

Just One World took place at the Ital-Canadian Seniors Association on November 12 and 13. It featured food, entertainment, and tables full of ethical gift ideas from a variety of organizations.

Photos by Paula E. Kirman



1 The Edmonton Interfaith Centre for Education and Action's table. 2 Nhan Lu (right) with the Multicultural Health Brokers. 3 Erasmio and Pam Coco enjoying the event. 4 Sebastian Barrera performing. 5 Delmy Garcia-Hoyt at the Sombrilla International table.

Church Street Open House

Historical designation will not be overly restrictive.



The Church Street Fair in 2014. Paula E. Kirman

COLLEEN CHAPMAN • BMC News Staff

On November 2, the City of Edmonton hosted an Open House for residents of McCauley at Studio 96 to look at and provide input into the plans for rezoning historic Church Street. This was the second Open House on this issue, and quite likely the last, as this will be taken to City Council some time early in the new year.

Many of the issues that were brought up at the first meeting, a focus group in 2014, were dealt with by planners. As well, the issues from the April 2016 Open House were addressed. They wanted to ensure that residents were informed of what will be coming. At a previous meeting with the League's Zoning and Safety Committee on October 17, we had strongly

suggested some zoning guarantees that were implemented in time for the Open House. The City is listening to our input and implementing it well.

There was information provided that ensured existing houses will not be required to conform with the historic designation – in other words, if your house is nearly new and doesn't match the character designs, no one will expect you to change. New developments and major alterations to existing homes' exteriors will be required to meet the architectural criteria for the area.

There are several requirements in place for new buildings on the street. These are generally consistent with requirements of the Mature Neighbourhoods Overlay for the City. If

your dream was to build a skyscraper on Church Street, I am afraid your dream will not be coming true. The character of the street will encourage buildings that mimic pre-1950s architecture, and the businesses on the street will continue to be encouraged to be much as they are today: personal services like a naturopath's office, a spa like Off Whyte, an architect's office, non-profit organizations, etc.

You may have read earlier this year that Mint Health is building a pharmacy at the corner of 106 Avenue and 96 Street. The businesses will be concentrated between that pharmacy and Studio 96 at 109 Avenue. All of the churches which have historical designation are zoned DC1 and may develop commercial enterprises. It has been suggested that some of the churches may benefit from renting their facili-

ties out as commercial kitchens. In other cities, sometimes the historical areas have restrictive policies that harm the homeowners financially, even infringing upon what colour they might want to paint their home, but this proposal does no such thing. All of the restrictions will be on new buildings and major renovations, and people will know that when they get their building permits. As well, the requirements are moderately benign in that they are concerned with the types of materials used in the facade, as well as a porch area.

For further information, or if you have further input into the process, please contact Scott Ashe, scott.ashe@edmonton.ca or Andrew McLellan, andrew.mclellan@edmonton.ca.

Taking Care of Others

MANON AUBRY

BoyleBits: A View from Boyle Street

When I was about 11 years old, my mom took part in a charity effort where children from poor families were brought into the homes of financially successful people for either Christmas Eve or Boxing Day. My mother thought this was wrong. She thought it was just showing them what they couldn't have. I, on the other hand, thought that it was a wonderful idea to give them something towards which to aspire. I mean, you can't aspire to have better things if you haven't been exposed to them. I guess my mother was a half empty glass person and I was half full glass person.

It was knowing what I wanted that helped me get back on my feet after leaving my ex with no money. In a moment of anger, after my ex said I would never get money out of the house, I yelled, "I will have a new place bought and paid for with or without the money from the house." I worked 15-18 hour days, seven days a week for 10 years. After the first week of adjustment, I was very happy when my boss would wake me in the middle of the night to work on what would have been my day off. Before you can get anywhere, you need to have a picture of where you're going. Many people are afraid to dream of better things because they think if you don't achieve your dreams you are a failure, but I think you only fail when you don't try. I was glad that

I had seen what I could strive for.

So anyway, I was thinking that we could welcome less fortunate or older or lonely people into either our hearts or our homes this holiday season. People have always been so kind to me and adopted me so that despite having no family, I have never been alone during the holidays. I'm grateful for all my wonderful friends who have welcomed me into their homes and made me part of their families. Truly there is no better feeling than being surrounded by people whom you admire, whom you respect, and whom you just plain old love. The feeling that these people want the best for you is what makes one feel safe during times when one's safety is in question. There is no doubt, no better feeling than to be surrounded by people who support you and care for you.

Maybe the best way to get that is to give it. So, I'm going to increase my efforts to treat everyone kindly and not let it be just a renewed Christmas tradition, but a year-round tradition. In these scary times when half of our southern neighbours who voted have decided to be unkind, we need to redouble our efforts to show kindness to those in need. The Golden Rule, "do unto others as you would have them do unto you" isn't a joke.

Manon is a resident of Boyle Street and an active volunteer in the community. This column contains her own opinions, and is not affiliated with the Boyle Street Community League.

A Little Can Go a Long Way



IAN YOUNG

Ability and Community

"The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us."- Terri Marshall (American author)

When we think of the holiday season it can bring joy, but to some it is not a pleasant time. They say, "it's what you make of it." However, since it is a holiday based on giving and receiving, let us follow little hints: give as much as you can, whether it be a donation of unused household things to one of our communities support agencies, a monetary donation if your budget allows, or something even simple as a smile or a compliment.

You would be surprised how the chain reaction of kindness can benefit others. Respect others' beliefs and how they choose to celebrate. A smile can do wonders!

It is easy to get caught up in the hustle and bustle as loads of events of different varieties and cultures take place. Public centres are usually busier, patience can be pushed, but a polite greeting and a smile can go a long way. Although the weather is usually cold, attempt to see the beauty, the lights, and to enjoy the sound of the snow underneath your feet!

A thank you and a "season's greetings" wish to a transit driver, store clerk, server, or even a stranger can also go a long way.

That being said, I wish all readers, my friends, family, and neighbours a very happy season.

I wish for you all peace and happiness!



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All About the “Stuff”

Gifts can be clutter, but are usually a sign of affection from the givers.

KERI BRECKENRIDGE

Keri's Corner

I first noticed the City's Christmas lights were up on October 7. As you get older, time seems to move faster because one year is not such a big percentage of your life at 40 as it is at 10. So, I don't really appreciate the rush of the season at all. I'm getting older at a quick enough pace as it is, thank you very much.

When I was 10, Christmas was a very different event. I would voluntarily get up at six in the morning out of pure anticipation. Nothing short of a fire can get me bouncing out of bed at that ungodly hour these days, especially in the depths of winter when there is little hope of warmth or sunshine. For Christmas this year, I want all the naps that I turned

my nose up to in my childhood.

Otherwise, there's nothing that I really need. Gifts are just stuff that I have to find space for and do something with. I have no more space and I don't want to do anything. I look around at all my stuff and wonder, "what the heck?!" Don't get me wrong - I have things that I value and things that are useful, but there are a lot of things that are just there, doing nothing.

Like my cats. Good thing I value them - they purr, you see. They don't understand Christmas as anything other than a day where they can sleep in with their humans. Their main pastime is to sleep on, crawl around, and generally disrupt all the stuff we have. I have to clear a path between my stuff so they can bounce to the highest point and pretend

it's all their stuff. If nothing else, Christmas gives them more stuff to knock off of the counters.

It's the people who give me the stuff that matter. I have received some silly gifts in my time, but there hasn't been one that I haven't appreciated because I appreciate that the person doing the giving wants to express something to me. Looking at some of the ridiculous things I've received, I really wonder *what* they were trying to express, but I settle comfortably into the idea that it was some form of affection. You see, I haven't received any ticking packages. Yet.

Keri lives in Boyle Street. We hope she has a merry Christmas, and only receives packages that don't tick. Unless it's a clock or a watch. Both are practical gifts.



ISABELLE FOORD

Something Funny

I'm always cold. In the summer I need a down-filled swimsuit.

I didn't exactly grow up. Like many people, I stumbled up.

Isabelle is a writer who was a long-time resident of McCauley.

A Green Christmas

REINHARDT HEINRICHS

Trees are an essential part of Christmas. There is a certain fixation on evergreens because they are a constant spot of colour: green, even in winter. Other trees are around through the holidays as well, but they can't pick and choose much. They will pass their time on their spot of ground with empty branches or green in changing shades until the final moments of autumn.

I've always liked trees and wouldn't be able to grasp not liking them. Trees are essential living things within reach in our space, almost like pets. They're as simple a thing as having houseplants. Not all of us have yards with fully grown foliage. Keri and I are lucky to live in our neighbourhood with full-grown trees up and down our streets going on down to the River Valley.

We both grew up with an expanse of trees and spent a lot of time walking around in them. Growing up on a farm, I had particular trees that became forts. I could climb into them and look out on the grass, trees, and fields. A tree would be like a silent friend offering constant comfort to a kid in the outdoor world.

The Tragically Hip song "Ahead By A Century" opens with the image of climbing a tree to talk or sit with someone. That goes right back to childhood and climbing a certain tree with my cousin, Trevor. That was four decades ago and both have since passed. The tree was really, really old and the limb we climbed on rotted and broke off from the trunk. Trevor died from injuries in an early-morning car crash 24 years ago. I'll never forget what moments I had with him, climbing trees.

Keri and I had our vow exchange in September, and on that weekend the tree by the side entrance to our building was cut up and removed. I think my landlord was actually depressed over it, so it wasn't just me. This past week, two large trees on my going-to-work route were cut down. I'm going towards Christmas minus familiar older growth trees and I'm really going to miss them. How big is anything planted today going to get in my remaining lifetime?

So, this Christmas we won't be cutting down any trees, but spreading our blessings among all of them as we would old, familiar friends.

Reinhardt lives in Boyle Street with his wife, Keri Breckenridge.



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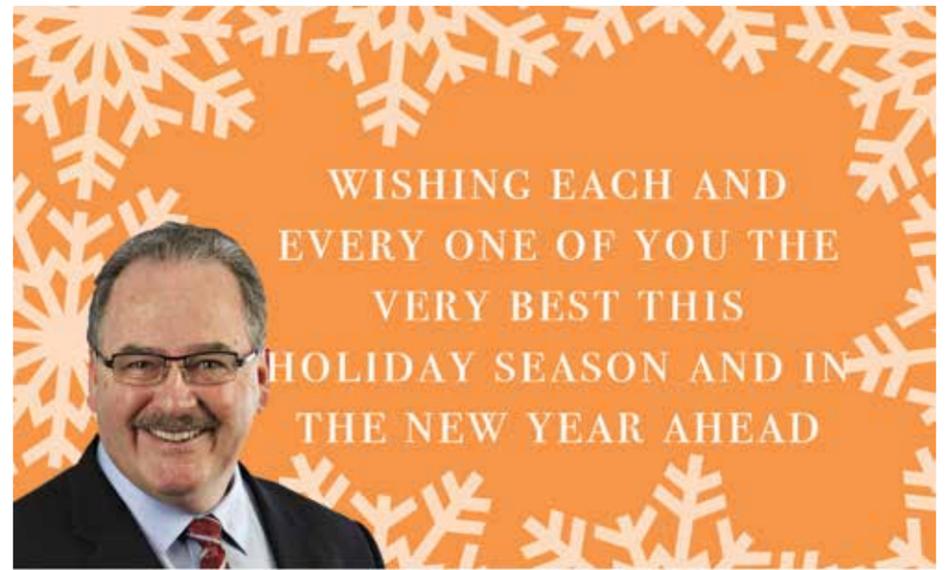
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Life Is Beautiful



The mural on the side of the Belmont Building on 95 Street. Its creation was supported with a grant from McCauley Revitalization. Paula E. Kirman

Standing for Standing Rock

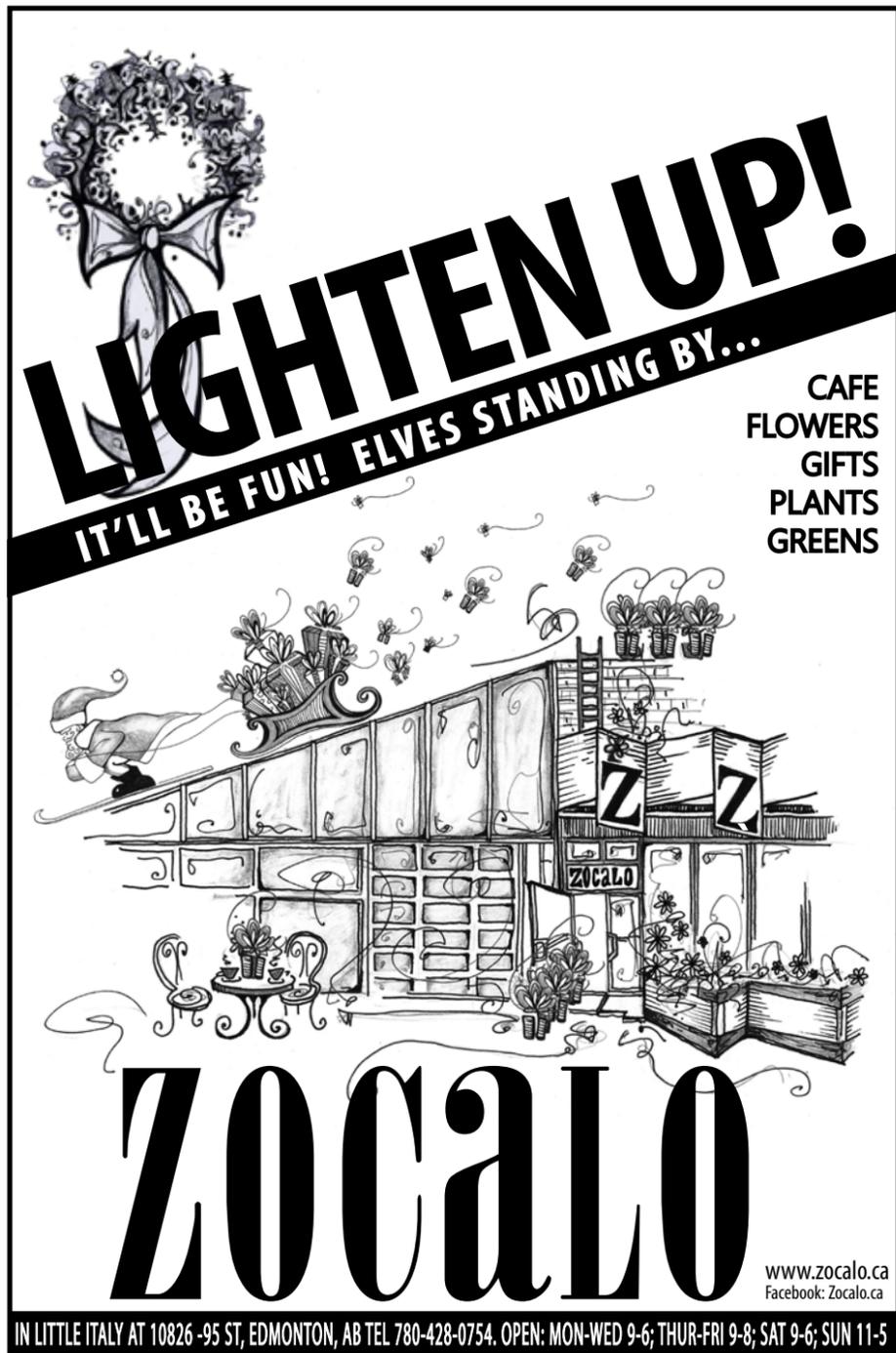


McCauley resident and BMC News Volunteer Jesse Orjasaeter at the flash mob Round Dance in solidarity with Standing Rock at West Edmonton Mall on November 2. Paula E. Kirman

Love Trumps Hate



Writer and Boyle Street resident Candas Jane Dorsey speaks at the event "Love Over Fear, Love Over Hate: Standing for a Better World" held on November 11 at the Alberta Legislature. It was organized by sisters Jade and Diane Connors (right) to gather people in love and support of everyone facing violence, fear, and harassment in the wake of the presidential election in the United States. Paula E. Kirman



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Boyle Street Community League Update

Musical Memories

ALF WHITE

BSCL Update

I have many Christmas memories, but I think my favourite is when my grandfather played the fiddle. He used to play at country dances in and around Fort Saskatchewan where we grew up.

My grandfather was the youngest of 12 children of Irish parents. One of his brothers would stand facing my grand-

father with a harmonica in each hand, so that the two of them could play at the same time, while Grandpa would play the fiddle too. They were amazing musicians and made our Christmas times priceless.

The Board and staff of the BSCL invite you to reflect on past memories of Christmas as we approach the holiday season. We all wish our community members a safe and Merry Christmas!

New Weekly Indoor Soccer Program

RYLAN KAFARA

Inner City Recreation & Wellness Program

Now that winter has arrived (hopefully for only a few months), we have started a weekly drop-in indoor soccer program on Thursday afternoons.

From 3-5 p.m. at Boyle Plaza (9538 103A Avenue), the program is free and all equipment is provided. This is in addition to our weekly floor hockey program at Boyle Street Plaza, held every Friday from 1-3 p.m. It's free too! Everyone can participate in both soccer and floor hockey. It's

all ages, and all skill levels are welcome too!

Also, you can get our monthly calendar with the schedule of all our activities. If you would like to sign up, please send me an email at rkafara@boylestreet.org, and I will add you to the email list.

Thanks for support the Inner City Recreation and Wellness Program this year, and all the best in 2017!

Rylan is the Program Lead, Inner City Recreation and Wellness Program.

The Politics of Hope Begin at Home

JANIS IRWIN

For some of us, what happened south of the border in November was a disheartening development, and shook us to our very core, as a campaign rooted in fear, intolerance, and racism prevailed. Others, although they may not have felt directly affected, might also find themselves feeling disillusioned or defeated.

I've been thinking about how we can help ourselves and others who may be fighting feelings of hopelessness to get to a place in which the "politics of hope" are pervasive. Because all politics are local, we might start this shift by focusing on our actions at the community level.

Invite new friends into your life.

New people arrive in our communities daily, and in doing so, some have left their friends and family behind. It's not always easy to approach people we don't know, but I met one of my closest friends, a newcomer to Canada, because I introduced myself to him randomly a few years ago. Had I not, I'd have missed out on someone who's brought a lot of light into my life.

Open your home.

A simple action, but a potentially profound one, is opening your home and offering a space or a meal to those who might be alone or in need. On Thanksgiving this year, I shared on social media an offer for anyone who was alone to join me and a few friends for dinner. Because I would rather do almost anything than cook, we went out for dinner and we had a lovely time. It was neat to see a group coming together that would likely not have otherwise.

Start conversations - even challenging ones.

It's important that we have conversations with those who present countering views to our own, or even challenge us on our opinions. It's possible, in this era of instant online commentary, to get immersed in what can seem like a sea of vitriolic discourse. Inviting conversation can leave us vulnerable, but it's important that we try.

Engage respectfully, but confront intolerance.

I often hear "I respect your opinion" in response to something awful that someone has said. We needn't respect hate. We can be respectful in how we respond, but we don't need to tolerate, or by our silence, condone, hateful rhetoric. I've learned that I've never regretted calling someone out for something unkind or hateful, but I've always regretted when I haven't. The response that you get from challenging someone might be hard to take, and you may feel like you've gotten nowhere. But keep doing it, even with those who continue to disrespect you, because they're often the ones who need you the most.

Make empathy guide you, and let action follow.

When we start from a place of empathy, it's easier to build community and combat hopelessness. We will never truly know what another is feeling or experiencing, but through empathy, we can try. Given that it's the holiday season, there are countless opportunities to take the notion of empathy and turn it into action. You can donate to organizations that are helping vulnerable communities, or make a donation in someone's name. If you're not financially in a place where you can contribute, the giving of time through volunteering is a gift very well received.

I know that for many, what I've written will be viewed as just the words of an idealist. I'll be honest - I'm not sure if we can ever truly be well as individuals when others around us are not. But, I know we can't live our lives thinking things won't get better.

Maybe, just maybe, by starting in our own communities, we can begin to build the loving, kind, and patient world that we know is possible. Instead of sitting back and hoping for a better world, we take some action, and in turn, watch what happens. The result could be more beautiful than anything we could have imagined.

Janis Irwin is a Parkdale resident who spends a lot of time in the Boyle Street and McCauley neighbourhoods. Say hello if you see her around, and see what she's up to at janisirwin.ca.

SUDOKU

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Haircuts: Tuesdays 1 to 3 p.m. (sign up at 12:30, first come first serve)
Victorian Order of Nurses: Thursdays 11:30 a.m. to 3 p.m.
Early Childhood Intervention: Monday – Friday 9 a.m. – 4:15 p.m. (reservations preferred) Drop-In: Monday – Friday 7 a.m. – 3 p.m.
Women's Lunch: Tuesdays and Thursday at noon
Parenting Classes: Mondays at 11 a.m.

BOYLE MCCAULEY HEALTH CENTRE

10628 – 96 Street
Monday - Thursday 8:00 a.m. to 9:00 p.m. Friday 8:00 a.m. to 4:30 p.m. Saturday 9:00 a.m. to 12:30 p.m.
Women's Health Promotion Evening: Thursdays (except the last Thursday of the month) from 5:00 p.m. to 7:00 p.m. preceded by yoga class at 3:30 p.m. for one hour.
Foot Clinic - Wednesday from 1:30 p.m. to 3:00 p.m.
Dental - Monday - Friday 9:00 a.m. to 4:30 p.m. Street works during clinic hours.

BOYLE STREET COMMUNITY SERVICES

10116 – 105 Avenue
(780) 424-4106
Monday – Friday 8:30 a.m.-4:30 p.m. Youth night: Wed. 4-7 p.m. Adult Drop-In open all day – 8.30 – 4.30 . Lunch: Monday-Friday at 11.30. Free repairs for eye-glasses every Monday, 9 a.m.-1 p.m.; housing, family, youth, mental health and outreach programs available.

INNER CITY PASTORAL MINISTRY

10527-96 St. NW
(780) 424-7652
Pastor Rick Chapman
Pastoral Assistant: Michelle Nieviadomy
Sunday Service: 11 a.m. - noon
Sunday Lunch: Noon - 1 p.m.

ST. PETER'S LUTHERAN CHURCH

9606 – 110 Avenue
(780) 426-1122
The Rock Community Breakfast
Tuesday to Thursday 7 – 9 a.m.
Kid's Club. Monday 6 – 7:30 p.m.

SALVATION ARMY

9611 – 102 Avenue
(780) 429-4274
Men's Residence, Anchorage Addiction & Rehabilitation Chapel.

WOMEN'S HEALTH CLINIC

Located in the Women's Emergency Accommodation Centre is open Monday - Wednesday from 9:00 a.m. to 11:30 a.m. Closed on Thursday and Friday from 8:30 a.m. to 11:30 a.m.

THE MUSTARD SEED

10635 – 96 Street
(780) 426-5600
Evening Meals: Mon.-Fri. 7:00-8:00 p.m.
Sat. 5:00-6:00 p.m.
Food Depot: Tues. and Thurs. afternoons 1:00-3:00 p.m., Wed. evenings 8:00-9:00 p.m.

Drop-In Coffee: Monday - Friday afternoons 3:00-6:00 p.m.
Evening Drop-In: Saturday 6-10 p.m.
Personal Assistance Centre (PAC, clothing ministry) 10568-114 Street, side door
Mon.: 1:00 - 3:30 p.m.
Wed.: 5:00 - 7:30 p.m.
Thurs: 1:00 - 3:30 p.m.
For more information call The Mustard Seed, at (780) 426-5600 or visit: www.theseed.ca

HOPE MISSION

9908 106 Avenue (780) 422-2018\

HOPE MISSION MEALS:

Monday - Friday
Breakfast Served 8:00 a.m. - 8:45 a.m.
Lunch served 12:00 p.m. - 12:45 p.m.
Supper served 5:00 p.m. - 5:45 p.m.
Weekend
Brunch 10:45 a.m. - 11:30 a.m.
Supper 4:15 p.m. - 5:00 p.m.

HOPE MISSION SHELTER:

Men, Women, Youth
Doors open 8:30 p.m. - 12:00 p.m.

HOPE MISSION COMMUNITY CHURCH:

Sunday
2:00 p.m. Hope Mission Centre - 9908 106 Avenue
7:00 p.m. Herb Jamieson Centre - 10014 105A Avenue

HOPE MISSION HEALTH CLINIC:

Family Doctor Tuesday and Thursday
Walk in: 8:00 a.m. - 4:00 p.m.
Family Doctor (Male Patients) Monday - Friday
Walk in: 2:00 p.m. - 10:00 p.m.
Psychiatrist Monday - Friday
Appointment only - call (780) 244-2018 Ext. 278

NICOTINE ANONYMOUS

RICK (780) 474-5593
GWYNN (780) 443-3020
Support for smokers who are trying to quit. Call Nicotine Anonymous.

SACRED HEART CHURCH OF THE FIRST PEOPLES

(780) 422-3052 for further info on anything listed here. Eucharist is held each Sunday at 10 a.m., 11:30 a.m. and 7 p.m. Bimonthly programs available to prepare parents for their child's Baptism, First Communion and Confirmations. Traditional Native Wakes, in First Nations, Métis, and Inuit traditions. AA meets in the Parish Hall. Eating Disorder Group meets each week. White Stone Project and Edmonton Inner City Children's Project Society run their programs in conjunction with Parish programs. Gospel music festivals, dances, youth dances, pancake breakfasts and Feasts are held in the hall throughout the year.

THE LEARNING CENTRE LITERACY ASSOCIATION

is seeking volunteer tutors to help adults develop reading, writing and/or math skills. Volunteers participate in group learning, tutor one-to-one, or assist drop-in learners.

Skills and Experience: High school level reading, writing and/or math skills. Openness to tutor and learn with adults with various life experiences, including living with homelessness. Two locations: Boyle Street Community Services and Abbottsfield Mall.

Contact: Denis Lapierre, Coordinator
780-429-0675 or
email: dl.learningcentre@shaw.ca

NETWORKS ACTIVITY CENTRE

780-474-3363, EXT. 302. Volunteer! JOIN OUR TEAM! Networks Activity Centre provides adults with brain injury a program that promotes an active lifestyle through opportunities for social interaction, physical activity, and community involvement. Volunteering with Networks Activity Centre is a wonderful way to enrich your life and touch the lives of those we serve. If you are interested in joining our volunteer team please call 780-474-3363 ext. 302.

TEEN NIGHTS AT THE MCCAULEY CLUB

Join Teen Nights at the McCauley Club! Open to youth 13+ on Tuesdays and Fridays starting at 6:30 p.m. Program includes leadership, community development, health and nutrition and free time with friends. Drop in at 9425 109A Avenue (Boys and Girls Club) or call (780) 822-2549 for details.

P.A.L.S. PROJECT ADULT LITERACY SOCIETY NEEDS VOLUNTEERS

Work with adult students in the ESL - English as a Second Language program. Training, materials, and supplies provided. Call (780) 424-5514 for more information.

BUILDING BRIDGES

Building Bridges All Nations First Nations Fusion Church Services Sundays, 3 to 6 p.m. at St. Faith's Anglican Church, 11725-93 Street.

COMMUNITY EVENTS AND ACTIVITIES

NEIGHBOURHOOD PAINTING

Randy, 25 years experience, \$12/hour. Offering Indoor (year round) and/or Outdoor (seasonal). Some of the work I have completed is taking care of all the painting needs at The Rock/ Breakfast Club. To contact me, please leave a message at (780) 426-1122.

WIRELESS NETWORKING

Are you tired of your street using your wireless Internet connection? I can set up your Wireless Router and increase your network security. Call Kevan at (780) 983-5343.

HANDS ON LTD. CONTRACTED SERVICES

Offers: Residential and office cleaning. Move ins and move outs and yard maintenance. Call Linda at (780)

619-4776.

BOOMER TO ZOOMER YOGA

Small groups or one-on-one. Learn yoga at your own pace; at your own time. \$10/hr for small group lessons. Call for more information. Sally @ (587) 336-8306.

COMMONWEALTH COMMUNITY REC CENTRE ACCESS

All Amenities, Sundays 1-3 p.m.
FREE for MCL and BSCL members.

FREE KIDS COMPETITIVE SWIM PROGRAM

For kids ages 6 to 14 at Commonwealth Pool. Must be able to swim 25m unassisted.
Must live within the McCauley boundary.
Mondays, Wednesdays, and Fridays from 4 p.m. to 5 p.m. www.mcauleyfriends.com

MUSICAL MAMAS SINGER SONGWRITER SUPPORT GROUP FOR WOMEN

A wonderful gathering of female singer/songwriters and industry professionals who meet monthly to inspire, support, develop, and expand musically. Held at the Boyle Street Plaza on the last Tuesday of each month 7-9 p.m. All Ages - Free
For more information: (780) 807-5883.

PIU YUM RECREATION CLUB

Dancing, Exercise, and Singing Everyone is welcome, free admission
Every Monday from 1:00 to 4:00 p.m.
Boyle Street Plaza 9538 – 103A Avenue, Edmonton

DROP-IN DANCE/MOVEMENT CLASSES FALL 2016

Mile Zero Dance offers a number of drop-in dance and movement classes this fall in its studio (Spazio Performativo, 10816-95 St.). MONDAYS: Professional Technique (10-11:30 a.m.), Beginner Ballet (6-7 p.m.), Contact Improv (7-9 p.m.). TUESDAYS: Toonie Yoga (5:30-6:45 p.m.), Butoh (7-9 p.m.). WEDNESDAYS: Noguchi Taiso (10-11:30 a.m.), Hip Hop (5:30-6:30 p.m.). THURSDAYS: Preschool Dance Ages 3-5 (10-10:45 a.m.), Kids Dance Ages 6-10 (4:15-5 p.m.), Beginner Contemporary (5-6:15 p.m.). SUNDAYS: Folk Now! (3-4 p.m.), House (4-5pm). \$15 non-member / \$12 member / \$100 for a 10-class card. For details on all classes, visit: milezerodance.com

SECOND SATURDAYS DANCE SEMINAR #1

Second Saturdays is a series of dance seminars with invited guest artists. Each is unique to the guest and will provoke and encourage dialogue and reflection.

December 10 - Pirkko Markula

Pre-registration is important as readings will be emailed to participants. Email info@milezerodance.com.



WECAN FOOD COOP

Monthly Food Basket \$15/meat order, \$10/produce order – Annual Membership is \$5. Upcoming deadlines for payments are Friday, December 2 and January 6. Payment can be at McCauley Boys & Girls Club, during business hours, Monday – Friday 9 a.m.-4 p.m. Next depot dates are Thursday, December 15 and January 19, 10 a.m. – 2 p.m. at McCauley Boys & Girls Club (9425 109A Avenue). For more info please contact (780) 424-2870.

FREE GUITAR LESSONS

Drop-in guitar lessons for all ages and skill levels. (Children under 12 must be accompanied by an adult.) Everyone welcome. Guitars available to use. Every Monday 8:15 p.m. – 9:45 p.m. Location: McCauley Boys & Girls Club, (9425 109A Avenue). To sign up for guitar lessons or for more info call (780) 424-2870. Sponsored by the McCauley Community League, E4C and Ansgar Danish Lutheran Church.

STREET PRINTS ARTIST COLLECTIVE

Creating opportunities for independent artists to market and sell!

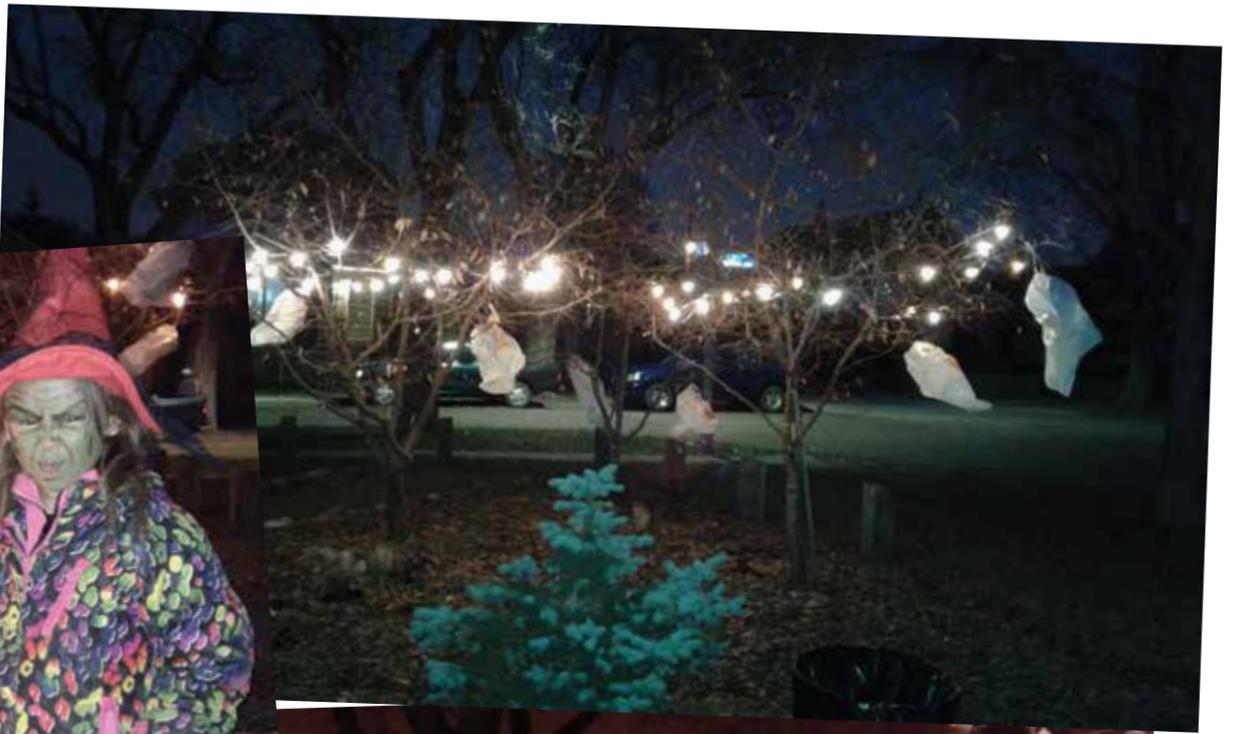
A small but growing group of artists and community development folks, volunteering together to market and sell the works of artists who consign their works for a minimal fee. Meetings happen bi-weekly as per the availability of members.

Location: Office #B08 at McCauley Apartments (9541 108A Avenue). For more info please contact (780) 424-2870.

INDOOR SOCCER AT YMCA WELCOME VILLAGE COMMUNITY GYM

Weekly recreational soccer fun!
Come alone or with friends to join in drop-in recreational soccer! Everyone is welcome and we play to have fun and to everyone's ability. Developed through community partnership with E4C, Sports Check (AHS) and Inner City Recreation Program
Thursdays 3:00 p.m. – 5:00 p.m.
Throughout winter months (November-April)
Location: 10350 95 St, Edmonton AB T5H 0H8
For more info please contact (780) 424-2870.

Halloween Warmer



Witches, dinosaurs, and superheroes stopped by the Friendship Garden to warm up around the fire while out trick-or-treating on Halloween night. Hot chocolate and roasted marshmallows were also served to help keep trick-or-treaters and their parents warm and full of sugar. This is the second year the Halloween Warmer, sponsored by the McCauley Community League, took place in the Friendship Garden and we are hoping to keep this tradition going for years to come.

PHOTOS BY KRISTA MITTON



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FLU VACCINATIONS AVAILABLE

NEW HOURS
WEEKDAYS 8 A.M. UNTIL MIDNIGHT
WEEKENDS AND HOLIDAYS 10 A.M. - 6 P.M.

NEW PROMO!
DAILY DISPENSE PATIENTS WILL RECEIVE \$5 TIM HORTONS CARD EVERY DAY WHEN THEY PICK UP THEIR MEDICATIONS AT THE PHARMACY.